A BRIEFE METHOD OF CATECHIZING.

Wherein are handled these foure points.

1. *How miserable all men are by nature.*
2. *What remedie God hath appointed for their deliuerance.*
3. *How they must liue that are deliuered.*
4. *What helps they must vse to that end.*

The same points are also contracted, and a forme of examining Communicants added; with Graces before and after meate.

1. Pet. 3. 15, 16.

Be ready alwayes to giue an answere to euery man, that asketh you a reason of the hope that is in you, with meekenesse and feare.

The 31. Edition, newly perused and amended by the Author.

LONDON,

Printed by *Felix Kyngston*, for *Henry Fetherstone*, dwelling in *Pauls* Church-yard, at the signe of the Rose.

1621.

STC 7533

To the Christian Reader.

OBseruing by the often and many Impressions of this little Catechisme, the generall passage and good acceptãce it hath had with many people, I was moued once more to peruse and amend it, especially in regard of the Quotations; being much grieued that I did not take this taske in hand, during the life of that blessed Seruant of God, and faithfull Minister of the Gospell of Iesus Christ, from whom I had the first proiect thereof, and by whom I was drawn to put it to the Presse; by whose death the Church wherein he liued lost a most vigilant Pastor, and I a most true and ancient friend, faithfull and louing as *Ionathan* to *Dauid*: by meanes of which losse I did vnwillingly vndertake this small labour: yet something I thought good to doe herein.

Master William Lyndsell, late Pastor of Marham in Northhamptonshire.

The additions, detractions, and alterations which I haue made, are very

few and small, and such as (I hope) neither the iudicious will dislike, nor the vnlearned stumble at. The chiefe thing I desired and endeuored, was, that the Quotations might be more fit & plentifull: Which thing if I haue (as my hope is) in some measure attained vnto, then let me require thee to keepe in remembrance, and put in practice my former admonition; which was, that the Scriptures quoted in the margent might be diligently searched, and compared with the answere which they are brought to proue. For by this meanes, though thou proceede more slowly; yet thou shalt walke more surely, and profit more soundly by this Christian and necessary exercise of Catechizing; when by this meanes thy faith & conscience shall be grounded, not vpon the weake and vnperfect speeches of sinfull men, but vpon the pure and sure words of the Spirit of God. To whose most blessed and holy direction and blessing, I commend and commit thee now and euer.

Thine in the Lord,

ST. EGERTON.

Places of Scripture, shewing the necessity and antiquity of Catechizing, as well priuately, as *publikely*.

Testimonies.

THese words which I cõmand thee this day, shall bee in thy heart, & thou shalt rehearse them continually (setting an edge vpon them) vnto thy children: and thou shalt talke of them when thou tarryest in thy house, &c. Deut.6.6, 7,8.

For precept must be vpon precept, precept vpon precept, line vnto line, line vnto line, here a little, and there a little. Esa.28.10.

Therfore leauing the doctrine of the beginning of Christ, let vs be led forward to perfection, not laying againe the foundation of Repentance from dead workes, and of Faith to God, &c. Heb.6.1,2.

And the LORD said, Shall I hide from Abraham that thing which I doe? for I know him, that hee will command *Abraham.* Gen.18.1.

his ſonnes and his houſehold after him, &c.

Dauid. 1.Chr.28. 9,10. And thou Salomon, *my ſonne, know thou the God of thy Father, and ſerue him with a perfect heart, and with a willing minde, &c.*

Chriſt. Mat.16.15 16,17. *He ſaid vnto them: But whom ſay yee that I am? Then* Simon Peter *anſwered and ſaid, Thou art Chriſt the Sonne of the liuing God. And Ieſus anſwered and ſaid vnto him, Bleſſed art thou,* Simon, *the ſonne of* Ionas, *&c.*

Philip. Acts 8.30, 31,35,36, 37. *And* Philip *ranne thither, and heard him reade the Prophet* Eſaias, *and ſaid: But vnderſtandeſt thou what thou readeſt? And hee ſaid, How can I, except I had a Guide?*

Bathſheba. Pro 31. 1, 2, &c. *The words of King* Lemuel: *A Collection of the Precepts which his Mother taught him, What, my ſonne, &c.*

A PRAYER BEFORE the Exercise.

MOst blessed Lord and heauenly Father, wee acknowledge and confesse before thy Maiestie, that we are dull to conceiue, weake to remember, hard to beleeue, and slow to practise the wholesome instructions, fearefull threatnings, & gracious promises of thy heauenly Word. Wherefore we humbly beseech thee to be present with vs at this time, to teach vs and blesse vs, and to make this Exercise of thy holy Word, powerfull and profitable vnto vs. O LORD, enlighten our mindes, that wee may vnderstand, open our hearts, that wee may beleeue, and so strengthen our memories, that wee may hide and lay vp thy promises, precepts and threatnings in our hearts, to keepe vs from sinning against thee. And though by

the

the corruption of our nature, we thinke euery good thing tedious and vnsauourie, yet wee pray thee to sanctifie and sweeten the same vnto vs by thy holy Spirit, that wee may finde more comfort therein, then in any worldly or bodily exercise whatsoeuer. And grant, O Lord our God, that this true ioy and sound delight may make vs watchfull to redeeme the time, and constant in performing this holy dutie, to the daily increase of Faith and a good Conscience, to thy Glory and our owne Saluation, through our Lord and Sauiour Iesus Christ: to whom with thee and the Holy Ghost, be giuen all Honour and Glory for euer. Amen.

A BRIEFE METHOD OF Catechizing: wherein are handled these foure *poynts.*

1. *How miserable all men are by nature.*
2. *What remedie* GOD *hath appointed for their deliuerance.*
3. *How they must liue that are deliuered.*
4. *What helpes they must vse to that end.*

Certaine generall Questions.

Q. OF what Religion are you?

A. Of the Christian Religion. *Religion.* Act. 11. 22.

Q. What Religion is that?

A. That which teacheth men to looke for true and eternall happinesse by Christ alone. Act. 4. 12.

Q. Where is this Religion taught?

A. In the holy Scriptures of the Old and New Testament, which are giuen vs of God, to testifie of Christ, to be a perfect Rule of sound Doctrine and good life. *Scriptures.* Ioh. 5. 29. 2. Tim. 3. 16.

Q. What

Q. What learne you generally out of the Scripture?

Iohn 17.3. Rom.7.9. A. Two things: The knowledge of God, and of our selues, wherein standeth our true happinesse.

Q. What is God?

God. Iohn 4.24 & 8.58. Exod.3.14 Act.17.28 Esay 42.8. A. God is a spirituall Essence, that hath his being of himselfe.

Q. What be the properties of God?

A. They be of two sorts: some are incommunicable with the Creatures, and some are communicable.

Q. What bee his incommunicable properties?

1.Iohn 1.5 Reuel.1.8. 1.Kin.8.27 A. Simplenesse without mixture, Eternitie without beginning or end, and Infinitenesse or Incomprehensiblenesse.

Q. What be his communicable properties?

Ios.24.19. 1.Tim.1. 17. Reuel.1.8. Gen.18.25 Mat.19.17 Iam.1.17. A. They are chiefly fiue: Holinesse, Wisdome, Power, Iustice, and Goodnesse; all which are Eternall, Infinite, and vnchangeable like himselfe.

Q. Is there any more but one onely true God?

Mat.12.29 1.Iohn 5.7. A. No: but this one God hath made himselfe knowne to vs in three seuerall per-

persons, the Father, the Sonne, and the holy Ghost.

Q. What are the workes of God?

A. They are generally three, whereof the first is the decreeing and fore-appointing of all things before all time to his owne Glory. *Decree.* Act.15.18 & 2.23. Pro.16.4.

Q. What speciall things hath God fore-seene and appointed?

A. He hath appointed some men (called therfore his Elect or Chosen) to eternall glory, & others to eternall fire. *Predestination.* Mat.25.46 Rom.9.22 23.

Q. What is the second worke?

A. The making of all things in the beginning, exceeding good in their severall kindes. 1.Thes.5.9 *Creation.* Gen.1.31. Col.1.16.

Q. What is the third?

A. The ruling and governing of all things most wisely, mightily, and righteously. *Government* Pro.16.33. Mat.10.19 2.Chron. 11.4.

Q. How did God make Mankind?

A. He made the Man of the Dust of the Earth, and Woman out of Man, and both of them as well Male as Female in his owne Image. Gen.2.7, 21.and 1. 26,27.

Q. Wherein standeth this Image of God?

A. Chiefly in those three things: Col 3.10.

Know-

Eph.4.24. Knowledge, Righteousnesse, and true Holinesse.

The first principall point.

Q. Did man and woman thus made, continue in this holy & blessed estate?

Mans fall. Gen.3.12. Eccl.7.31. A. No: they fell from it, and became most vncleane, cursed, and miserable creatures.

Q. How did they fall?

2.Cor.11.3 1.Tim.2.14 A. By the inticement of the Diuel, and their owne wilfull disobedience, in breaking the Commandement of God.

Q. What came to vs their posterity thereby?

Originall guiltinesse and corruption. Rom.5.12. Gen.6.5. 2.Cor.2.4. Iob 5.7. Psal.51. 4,16. Iohn 3.4. Dan.6.8. Mat.6.12. A. Three things: Guiltinesse of their sinne, corruption of nature, bondage to Satan, and continuall sinning against God, in thought, word, and deede.

Q. What is sinne?

A. Sinne is an offence against God, or a breach of Gods Law.

Q. What is guiltinesse?

A. The merit and desert of sinne, making the creature sinning, subiect to wrath and punishment.

Q. What

Q. What is the punishment of sin? *Punishmẽt*

A. The losse of Gods favour and former happinesse, with the due deserving of all plagues in this World, and hell fire in the World to come. Gen.3.22. Deut.28. 61. Rom.6.23. Mar.9.44.

Q. How came these things to vs their posteritie by their fall?

A. Because Adam and Eue were the common Parents of vs all, and the very Stock and Root from whence all Mankind did spring. Mal.1.10. Heb.7. 9,20.

Q. Are all men sinners then?

A. Yea: all haue sinned and failed of the glory of God; There is none that doth good, not one. Rom.3.10. 11,12 1 King.8. 46. 1.Ioh.1. 6,7.

Q. And are all subiect to this punishment?

A. Yea: all without exception are the children of wrath, and bondslaues of Satan. Rom.6.23. Ezec.18.4

Q. How may wee be touched with the sense and feeling of our sinnes?

A. If wee consider the multitude, and hainousnesse of them, being committed against the glorious Maiestie of God, and his most pure and undefiled Law. Deut.32.6. Psal.40.12. 1.Cor.10. 22 Heb.10.31 & 12.29.

Q. How may we be touched with

feare

feare and horror of the punishment?

Deut.28. 15.16. Marke 9. 43.44. A. If wee consider, how many and how grieuous Gods Iudgements are in this life, and how intolerable and endlesse in the life to come.

Q. What ought this feeling and feare to worke in vs?

Leu.13.41. Iob 42.6. Mar.11.28 Luke 5. 17,18. A. An vtter lothing and dislike of our selues, with an earnest desire and carefull labouring after the remedie prescribed in the Gospell.

The second principall point.

Remedie. Q. What remedy is there against this miserie?

Acts 4.12. Rom.7. 24,25. A. None at all, either in our selues or in any Creature, but onely in Iesus Christ.

Q. What is Christ?

1.Cor.1.30 *Christ.* A. The Eternall Sonne of God, and second person in Trinitie, both God and Man.

Q. How came Christ to be Man?

Iohn 1.14. Luke 1.35. A. By taking our Nature to himselfe, being conceiued by the Holy Ghost, and borne of the Virgin Mary.

Q. Why was it needfull hee should be man?

A. Be-

A. Because hee could not haue dyed and satisfied for mans sinne, except hee had taken mans nature. *Christ man.* 1 Ioh.1 14. Luke 1.35.

Q. Why was it needfull he should be God?

A. Because else hee could not haue ouercome Death, and performed that perfect satisfaction and Righteousnesse which the Diuine Iustice required. *Christ God.* Heb.4.14. & 7.52.

Q. What hath Christ done for man?

A. Hee hath fully pacified Gods infinite anger against the sinnes of all the Elect, freeing men from sin and death, by his death and sufferings, and so is made our Redemption. *Redemptiō.* Ioh.10.11. & 17 9. Heb.5.7. Eph.5.2. 1.Cor.1.30

Q. What else hath he done?

A. Hee hath fulfilled for them that perfect Righteousnesse, which the Diuine Iustice required, and so is made our Righteousnesse. *Righteousnesse.* Mat.3.15. Rom.10.4 1 Cor.1.30 2 Cor.5.21

Q. What blessing and reward doe men reape by the obedience and Righteousnesse of Christ?

A. By him they haue Adoption, that is, they are made the Children of God and Heires of eternall Glory. *Adoption.* Ioh.1 12. Gal.4.5. Ephes.1.5.

Q. What else hath Christ done for vs?

A. Hee hath sanctified our nature in *Sanctification.*

Rom.8.2. 1.Cor.1.30. Heb.2.11. Ioh.17.19.

his owne person, and doth sanctifie vs daily by his Spirit, and so is made our Sanctification.

Q. Do men perfectly enioy all these benefits in this life?

Sanctification imperfect. Ioh.13.10. Rom.7.23,24. 1.Ioh.3.1.

A. They are fully iustified in the sight of God, and adopted into the number of his Children, but not wholly freed from sinne, till after death.

Intercession Rom.8.34. 1.Ioh.2.1. 1.Pet.2.5.

Q. How then can any thing that proceedeth from vs, be pleasing to God?

A. Because Christ, sitting at his right hand, a Mediatour, maketh our duties (though weake and imperfect) acceptable to his Father.

Mat.11.28 Iohn6.33.

Q. Who are partakers of these benefits by Christ?

A. Onely such as come vnto him, that is, which beleeue in his Name.

Faith. Mat.1.21. Luke 2.11. Iohn 1.12. & 3.16. Mat.5 36. Iohn 6.29. and 3.16. Acts 16. 30,31.

Q. What is it to beleeue in Christ?

A. To be truly perswaded that he is a Sauiour euen to vs.

Q. What encouragement haue we to beleeue in Christ?

A. Because we are commanded and exhorted so to doe, and for that he is offered freely vnto vs of God, with this only condition, to beleeue in him.

Q. Is

Q. Is it for the worthineſſe of our faith, that we are ſaued?

A. No: (for we beleeue in part,) but only for the worthines of Ieſus Chriſt, vpon whom Faith layeth hold. Mat. 9. 24. 1. Cor. 13. 9. Luke 17. 5. Heb. 10. 15, 16. Ephes. 2. 8. Acts 13. 48 Ro. 10. 17. Gal. 5. 22.

Q. Is it in our power to beleeue?

A. No; it is the gift of God to his Children, wrought in their hearts by the Holy Ghoſt, through the preaching of the Word.

The third principall point.

Q. Seeing wee are ſaued onely by Chriſt through faith, may we now liue as we liſt?

A. No: for the Goſpel teacheth vs to denie all vngodlineſſe and worldly luſt: and Chriſt dyed, to purge vs to himſelfe a peculiar people, zealous of good workes. Titus 2. 11 12, &c. 2. Tim. 1. 19.

Q. What workes are to be accounted good workes?

A. Such as proceede from faith, and be done to the glory of God, and grounded vpon the Word of God. *Goodworks* Acts 15. 9. Heb. 11. 6. 1. Cor. 10. 31. Ro. 14. 13.

Q. What call you the firſt and continuall worke of GODS Spirit in the faithfull?

Repentance Mat 3.7,8. & 12.33, 34,35.

A. Repentance: that is, such a changing and renewing of the heart, as bringeth forth a new life and conuersation.

Q. What be the parts of Repentance?

Reu.22.11 Rom 6.11. Ephes.4. 22,23.

A. Two: that is, dying to sinne, and liuing to Righteousnes: or the putting off the old man, & putting on the new.

Q. Whence doe these two spring?

Rom.6.3, 4,5. Ioh.15.1,2

A. From the power and vertue of Christs Death and Resurrection, into whom we are ingrafted by Faith.

Q. Wherein doth Repentance chiefly appeare?

Rom.2.28, 29.& 7.22. & 12.2. Ephes.4. 22,23.

A. In the changing of the thoughts, affections, and purposes of our hearts.

Q. Why should we repent and doe good workes, seeing wee are not saued by them?

Motiues to Repentance and good workes. Ephe.2.10 1.Cor.6. 9,10. Mat.5.16. 2.Pet.1.9. 1.Pet.2.9.

A. Because God requireth them at our hand: and that no vnrighteous person shall enter into the Kingdome of God.

Q. Wherefore else?

A. To glorifie God our heauenly Father, and to shew our selues thankfull for all his benefits, especially for our Redemption by Jesus Christ.

Q. Is

Q. Is there any other reason?

A. Yea: for by this meanes we may winne others to God, and make sure our owne calling and election to our selues. 1. Pet 3.1. 2. Pet. 1.10 & 2.12.

Q. How can we haue any assurance of our calling and election by workes?

A. Because they shew whether our faith in Christ bee true or counterfeit, liuing or dead. Gal.5.6. Iam.2.14. 1.Iohn 2. 6,7.

Q. What workes doe chiefly shew this?

A. Peace of conscience, vprightnesse of heart, the true feare and loue of God and our brethren, striuing against sinne, victory ouer the World, and such like. Rom.5.1. & 2.29. Ioh.21.17. Ioh.1.3.14 1.Ioh.5.4.

Q. What other witnesses haue the faithfull?

A. They haue the Spirit of God bearing witnesse to their spirits, that they be the Children of God. Rom.8.16. Iohn 5.6, 7,8.

Q. Doe these witnesses neuer faile the faithfull?

A. They may be ouershadowed in them by the malice of Satan, and conscience of sinne: but neuer finally and wholly taken away. Luk 12.31 32,36,37. Psal.51.9, 10,11.

Q. Why so?

Ephes.1.4. Heb.6.13. Ioh.10.28 A. Because they are grounded vpon the euerlasting purpose, and faithfull promise of Almighty God.

Q. Doe our workes deserue nothing at Gods hand?

Phil.2.13. Luk.17.10 Heb.11.6. Esay 64.6. Gal.5.17. A. No: for they are his owne works in vs, and a debt most due to him: besides, in vs they are spotted and imperfect: and finally, we are freely iustified by Faith before we doe them.

Q. These are strong perswasions to liue godly: but is there no reward for good workes?

1.Tim.4.8 Mat.19.19 1.Cor.15.58. 2.Cor.4.17. A. Yes: exceeding great, both in this life, and especially in the life to come.

Q. Commeth this of the worthinesse or merit of our workes?

2.Tim.4.8 Rom.6.23. Heb.6.10. A. No: but onely of the free fauour and faithfull promise of God.

Q. What other spurre haue wee to good workes?

Psal.116.12. Heb.13.6. Acts 17.28 A. The liuely remẽbrance of Gods benefits past and present, and his promise of assistance in time of neede.

The

The fourth principall part.

Q. What meanes hath God appoinsed to continue and increase his graces in vs?

A. They are generally of two sorts: publike, and priuate. 2.Sam.6. 13,14,20.

Q. What shall we say of them, which want both these?

A. That their estate is very feareful, and for ought wee know, plaine damnable. Ephes.2.12 Pro.29.18.

Q. And what of such as hauing the meanes, do either refuse or abuse them?

A. That they be farre more inexcusable before the Iudgement Seate of God. Act.14.16 2.Chron. 15.3. Mat.11.22

Q. What are the publike meanes? 1.Tim.2.1

A. They are foure: Prayer, the Word preached, Sacraments, and Discipline. Mat.28.18 19,20. Act.15.21. 1.Cor.11. 23.

Q. What is prayer?

A. It is a religious calling vpon God alone, in the Name of Christ, craning the things we want, and giuing thankes for those we haue. Mat.18.15 Psal.50.15 Col.3.17. Dan.9.5, &c.

Q. When doe men pray aright?

A. When they aske things lawfull Iam.4.3. & 1.6.

Luk.15.17 Gen.18.27 Mat.11.25 full to a right end, and come with faith in Christ, feeling of their owne wants, reuerence of God, and loue to their Brethren.

Q. What else is required in prayer?

Iam.5.16. Luke 18. 1,2.&c. 1.Thes 5. 17. A. It must be fernent and earnest, and also constant and continuall.

Preaching. Q. What call you preaching?

Neh 8.8. Luke 4.21. 1.Cor.14.3 2.Tim.3.16 A. When the Word of God is truely expounded and profitably applyed, with doctrine, exhortation, rebuke and comfort.

Q. How may we profit by the Word preached?

Rom.1.16 Luke 8.18. Act.17.11. Luk.11.28 A. If being perswaded that it is Gods Ordinance, we come with Prayer, heare with attention and application, and after call to mind what we haue heard, to put in practice.

Reading. Q. What say you of the Word read?

Act.13.15 1.Cor.14. 24,25. A. It is a part of Gods Ordinance, yet much more effectuall when it is preached.

Thus much of Prayer, and of the Word.

Sacrament. Q. What is a Sacrament?

Rom.4.11 1.Cor.10. 16. A. It is a holy signe and seale ordained of God, to assure vs of his loue to vs

vs in Christ, & to testifie and confirme our faith and obedience to him, and our loue and fellowship one with another.

Q. How is it a signe, and how is it a seale?

A. It is a signe, because it setteth foorth Christ & his benefits to the outward senses of all: and a seale, because it doth effectually apply the same to the faithfull Receiuer. 1. Cor. 10. 1,2,3,4. Marke 16. 15,16. Gal. 3. 27.

Q. How many Sacraments be there?

A. Two: Baptisme, and the Lords Supper. 1. Cor. 10. 2,3,4.

Q. What is baptisme?

A. The Sacrament of the new and spirituall birth, assuring vs by the due sprinkling of water, that we are cleansed from our sinnes by the blood of Christ, and sanctified by his Spirit. *Baptisme.* Act. 22. 6. 1. Ioh. 1. 7. Iohn. 3. 5. Titus 3. 5. 1. Cor. 6. 11

Q. What else doth it teach and assure vs of? Rom. 6. 3. &c.

A. It is also a pledge of the resurrection of our bodies after death. 1. Cor. 15. 29.

Q. Why are wee baptized in the name of the Father, the Sonne, and the Holy Ghost? Rom. 6. 12 Mat. 28. 19

A. To teach & assure vs of our communion with one God in three persons. 1. Ioh. 1. 3. Col. 2. 6. 1. Cor. 1. 13

Q. Why

Q. Why are Infants baptized?

Gen.17.7. & 21.4. 1.Cor.7. 14. Acts 2.39.

A. Because the couenant and promise of God is made to the Faithfull, and to their Seede.

Q. What is the Lords Supper?

Lords Supper. 1.Cor.10. 16. Ioh.6.51.

A. The Sacrament of our spirituall nourishment, assuring vs by Bread and Wine, duly giuen and receiued, that by Christ we shall be nourished to eternall life.

Q. May all that professe Christianitie, be admitted as fit and worthy Receiuers?

1.Cor.11. 28,29.

A. No: but onely such as can, and also do diligently proue, examine, and try themselues.

Q. Wherein must Christians examine and prooue themselues?

Prou.19.2 2.Cor.13. 5. Luke 13 5 Mat.6.12. & 5.23.

A. Whether they know the grounds of Religion, beleeue in Christ, hate their sinne, and loue their Brethren.

Q. What if men cannot finde those things in themselues?

1.Cor.11. 27,29. Exod.20.7

A. Then they must forbeare till God haue wrought them, vsing carefully all other helps appointed for that purpose.

Q. What

Q. What if they finde them weake and feeble?

A. Then they may and ought to receiue, to be further strengthened. Mat. 11.28 & 12.20.

Q. What is Discipline?

A. That order and power which God hath left to his Church to auoyde offences, and to recouer such as doe fall. *Discipline.* Mat. 18.15 16, &c.

Q. What is this power called in the Scripture?

A. It is called the Keyes of the Kingdome of Heauen, and the power of binding and loosing. Mat. 16.19 Luk. 11.52

Q. Why so?

A. Because the repentant are as it were loosed, and set into Heauen, by applying the promise of forgiuenesse of sinnes, and the obstinate bound and shut out. Ioh. 20.23 Luke 7.50. Acts 8.23, 37. 1. Cor. 5.5.

Q. Is it lawfull for euery man to preach & to administer the Sacraments and discipline, and to pray publikely?

A. No: it is vtterly vnlawfull for any man, except hee bee lawfully called thereunto. Ro. 10.15. Heb. 5.4. 2. Sam. 6.7 2. Chron. 26.18.

Q. May we not rest in these publike meanes?

A. No: for wee cannot alway haue them, 1. Sā. 26.19

Psal.4.4. Act.17.11. Mat.6.6. them, and the Word of God, and our infirmity requireth priuate also.

Q. What is the first priuate helpe?

Reading. Luk.10.26 Mat.24.15 Reuel 1.3. Deu.17.19 2.Ti.1.13. Dan.9.2. Deut.7.18 19,20. Act.17.11.

A. Reading of good Bookes, and especially the Book of God, fitly called the Bible, as if it were the only Booke of all Bookes.

Q. What is the fruit of reading?

A. It is a meanes to increase knowledge and conscience, and to make vs beare the Word with more fruit.

Q. What is the second priuate helpe?

Meditation Psal.119. 15,25,97. Rom.15.4.

A. Meditation: that is, an earnest thinking vpon profitable things; as the Words & Works of God, his Iudgements and Mercies towards others, but especially towards our selues.

Q. What is the fruit of Meditation?

Psal.1.2. Mat.6.20, 21. Psal.119. Col.3.12.

A. Not only to keepe the minde free from wicked and idle thoughts, but also to fill it with some holy and profitable matter.

Q. What is the third helpe?

Prayer. Col.4.2. 2.Tim 4.5 Mat.6.6.

A. Prayer, which must be daily offered vp to God in priuate, that he may haue the glory of pardoning our daily sinnes, and of sanctifying our foode, labours, and rest vnto vs.

Q. What

Q. What is the fourth helpe?

A. Godly conference, instructing, rebuking, exhorting, comforting one another in Wisedome and loue. *Conference.* Heb.3.13. & 10.24.

Q. What is the fifth helpe? Exod 18.8 Mal.3.16.

A. A carefull practice of that wee know, without which we shall neuer truly taste the vertue of Religion, and power of Godlinesse. *Practice.* Iohn.7.17 & 13.10. Luke 8.18.

Q. Are the labours of our calling any hinderance of Godlinesse?

A. No: but great helpes, if they be performed in due time, with conscience, cheerefulnesse, and moderation, not quenching the loue and care of better things. Ephes.6.5, &c. Acts 18.3. & 20.34.

Q. How shall we attaine this moderation?

A. If we be truely perswaded, that our happinesse consisteth not in outward things, but is laid vp for vs in the life to come. Luk.12.15 Heb.11.13 14,15,16. Mat.16.26

Q. What helpe receiue Christians from Gouernours & Magistrates, both priuate and publike?

A. Very great: for by their authoritie they are bridled from sinne, and encouraged in Vertue; and vnder *Gouernours* 1.Tim.2.2 Ro.13.3,4 Psal.72.7.

them

them that liue a Godly & peaceable life.

Q. What will the enioying and right vse of all these meanes worke in Gods Children?

1.Cor.6.11 Ephes.5.8. Act.26.18 Phile.16. A. A most happie and comfortable change from that which they were before, euen in this life.

Q. What becommeth of them after this life?

Luk.16.22 & 23.45. Mat.25.46 Reu.20.13 1.Thes.4. 16,17. A. The soule goeth immediatly into the Paradise of God, and the bodie shall be raised vp at the last Day, & ioyned with the same in glory for euer.

The foure principall points, contracted and diuided into euen parts: euery part containing *ten Questions.*

Q. WHat is the estate of euery naturall man?

Miserie. Eph.2.2,3. & 4.17,18 Rom.7.24. Esay 59.2. Rom.6.23. & 3.23. A. Very miserable, and in no wise to be rested in.

Q. What maketh his estate so bad?

A. Two things: sinne, and the punishment thereof.

Q. What

Q. What call you sinne?

A. Euery breach of Gods Law.

Q. How doth man breake the Law of God?

A. By doing things forbidden, leauing things commanded, or failing in the manner.

Q. What is the punishment of sin?

A. All miseries in this life, death in the end, and Hell euer after.

Q. Is sinne such a grieuous thing?

A. Yea: it is the most hainous and lothsome thing in the World.

Q. How appeareth that?

A. Both by the punishment, and by the person against whom it is committed.

Q. Who is that?

A. Almighty God, whose Holinesse, Power, Iustice and Goodnesse, is infinite and vnspeakeable.

Q. What shall a man do in that woefull estate?

A. Bewaile his misery, and hasten to get out of it.

Q. Is he able of himselfe to do this?

A. No: and besides he hath three Enemies, the Flesh, the Deuill, and the World,

1. Ioh. 3. 4. Psal. 51. 4. Esay 1. 16. Dan. 9. 6. Eze. 33. 31 Nu. 20. 10 Esay. 64. 6. Deut. 27. 25. and 28. 15, &c. Luke 16. 23, 26. Prou. 15. 9. and 21. 27. Esay 1. 13, 14, &c. Iere. 2. 19. Mat. 9 43, 44. Iob 34. 18. Reu. 19. 16 Esay. 6. 3. 1. Sa. 2. 25. 1. Cor. 10. 22. Psal. 36. 5. Deut. 32. 4 Heb. 10. 31 and 12. 29. Luk. 15. 17. Acts 2. 37. and 16. 29, 30. Heb. 12. 1. Luk. 11. 21 Eph. 6. 12.

World, that will labour to hold him in it.

The second part.

Q. Where shall a man finde helpe?

Deliuerāce. A. Onely in Iesus Christ, the onely
Acts 4.12. begotten Sonne of God.

Q. What hath he done to deliuer man out of miserie?

John 1.14. A He became man, and in our na-
Mat.3.15. ture fulfilled all Righteousnesse, doing and suffering whatsoeuer belonged to the full satisfaction of the Law, and Iustice of God.

Q. How hath he done this?

Gal.3.13. A. By bearing for vs the punish-
Rom.4.25. ment which the Law threatned, and fulfilling the Righteousnesse which the Law required.

Q. How did Christ beare the punishment due to sinne by the Law?

Mat.2.14. A. By enduring manifold miseries
Luk.9.58. all his life time, and in the end the
Phil.2.8. wrath of God, and the cursed death of
Luke 3.51. the Crosse.

Q. How did he worke the Righteousnesse required by the Law?

Mat.3.15. A. By being obedient to the will

as

of God, in thought, mind, and desire, all his life long. 1. Pet. 2. 22. Heb. 7. 16.

Q. What benefit haue men by Christ his death and sufferings?

A. Deliuerance from sinne, and the punishment thereof. 1. Cor. 15. 56, 57.

Q. And what by his righteousnesse and obedience? Heb. 2. 14. 15.

A. The fauour of God, and euerlasting happinesse. Rom. 5. 18, 19. Gal. 4. 4, 5. 4.

Q. How may men obtaine these benefits by Christ?

A. Only by a true faith in him. Iohn 1. 12.

Q. What is a true faith in Christ?

A. An assurance, that by his sufferings our sinnes are forgiuen: and by his righteousnesse, the fauour of God, and euerlasting life is obtained for vs. Iohn 6. 69.

Q. Is it in our power to beleeue?

A. No: it is the gift of God by the working of the Spirit, through the preaching of the Gospell. Rom. 1. 16, 17. & 10. 17. Ephes. 2. 8. Gal. 5. 22.

The third part.

Q. Shall all Beleeuers haue benefit by Christs death?

A. All that doe truly beleeue shall: but there is a dead faith that profiteth nothing. *Godly life.* Iohn 3. 16. Iam. 2. 14.

Q. How is the true Faith perceiued?

Iam.2.18. 1.Ioh.3.3. A. By the fruits thereof, and namely, by Repentance.

Q. Why so?

Luk.9.8,9. Acts 15.9. A. Because wheresoeuer Gods Spirit worketh true Faith, there he worketh Repentance also.

Q. What is Repentance?

Mat.3.8. Ro.12.21. Esay 1.16. A. Such a change of the heart, as bringeth forth a reformed life.

Q. Whence commeth this change?

Luk.7.47. 1.Ioh.4.19 A. Especially from the sight and feeling of Gods Mercie towards vs in Christ.

Q. From what is the heart changed?

Ioh.21.15. Phile.11. Tit.2.12 1.Ioh.2.15 2.Cor.5.17. Gal.6.15. A. From the loue of the World, to the loue of God: from carelesnesse, to conscience, and desire to please God.

Q. What is the change called?

A. It is called in the Scriptures, a new Creature.

Q. How doth it appeare?

Psal.34.14. Rom.12.9 Eph.4.23. A. When in word and deed we endeuour to abstaine from euill, and exercise our selues in that which is good.

Q. Is this change of heart and mind perfect in any?

A. No:

A. No: wee beleeue not perfectly, and therefore we cannot loue perfectly: but we must striue to perfection. Mark. 9. 2. 1. Cor. 13. Heb. 6. 1, 2. 2. Pet. 3. 8. Phil. 3. 1, 2.

Q. How must we striue?

A. By a diligent vse of the meanes which God hath appointed for our increase in Faith and Repentance. 1. Pet. 2. 2. 1. Thes. 5. 19, 20.

The fourth part.

Q. What are the publike meanes?

A. They are chiefly three: hearing the Word, receiuing the Sacraments, and ioyning in Prayer. *Helpes to godlinesse.* Rom. 13. Luk. 22. 19. 1. Tim. 2. 1.

Q. What are the Sacraments?

A. Certaine outward Signes and Seales appointed of God, to assure vs that Christ and all his benefits are giuen to vs. Rom. 4. 11. 1. Cor. 10. 16.

Q. How many Sacraments are there?

A. Two: Baptisme, and the Lords Supper. 1. Cor. 10. 2, 3, 4.

Q. What doth Baptisme assure vs of?

A. That being ingrafted into Christ, wee are washed from our sinnes by his blood, and borne anew to God. Titus 3. 5. 1. Pet. 3. 21.

Q. What doth the Lords Supper assure vs of?

A. It doth further warrant vs, that

Q. How is the true Faith perceiued?

Iam.2.18. 1.Ioh.3.3. A. By the fruits thereof, and namely, by Repentance.

Q. Why so?

Luk.9.8,9 Acts 15.9. A. Because wheresoeuer Gods Spirit worketh true Faith, there he worketh Repentance also.

Q. What is Repentance?

Mat.3.8. Ro.12.21. A. Such a change of the heart, as bringeth forth a reformed life.

Esay 1.16. Luk.7.47. 1.Ioh.4.19 Q. Whence commeth this change?

A. Especially from the sight and feeling of Gods Mercie towards vs in Christ.

Q. From what is the heart changed?

Ioh.21.15. Phile.11. Tit.2.12 1.Ioh.2.15 2.Cor.5.17. Gal.6.15. A. From the loue of the World, to the loue of God: from carelesnesse, to conscience, and desire to please God.

Q. What is the change called?

A. It is called in the Scriptures, a new Creature.

Q. How doth it appeare?

Psal.34.14. Rom.12.9 Eph.4.21. A. When in word and deed we endeuour to abstaine from euill, and exercise our selues in that which is good.

Q. Is this change of heart and mind perfect in any?

A. No:

A. No: wee beleeue not perfectly, and therefore we cannot loue perfectly: but we must striue to perfection. Mark. 9. 2. 1. Cor. 13. 9. Heb. 6. 1, 2. 2. Pet. 3. 18.

Q. How must we striue?

A. By a diligent vse of the meanes which God hath appointed for our increase in Faith and Repentance. Phil. 3. 1, 2. 1. Pet. 2. 2. 1. Thes. 5. 19, 20.

The fourth part.

Q. What are the publike meanes?

A. They are chiefly three: hearing the Word, receiuing the Sacraments, and ioyning in Prayer. *Helpes to godlinesse.* Rom. 13. Luk. 22. 19. 1. Tim. 2. 1.

Q. What are the Sacraments?

A. Certaine outward Signes and Seales appointed of God, to assure vs that Christ and all his benefits are giuen to vs. Rom. 4. 11. 1. Cor. 10. 16.

Q. How many Sacraments are there?

A. Two: Baptisme, and the Lords Supper. 1. Cor. 10. 2, 3, 4.

Q. What doth Baptisme assure vs of?

A. That being ingrafted into Christ, wee are washed from our sinnes by his bloud, and borne anew to God. Titus 3. 5. 1. Pet. 3. 21.

Q. What doth the Lords Supper assure vs of?

A. It doth further warrant vs, that

1.Cor.10. 16,17.&11 25,26. Christ is giuen to vs to be our spirituall nourishment to euerlasting life.

Q. Who maketh the right vse of the Sacraments?

Acts 20. 11,12. Rom.2.25. A. He that is thereby daily confirmed in faith, and newnesse of life.

Q. Who obtaine this benefit by the Lords Supper?

Acts 8.37. 1.Cor.11. 28. A. Such as come with Knowledge, Faith, Repentance, and Loue.

Q. What is Prayer?

Mat.6.9, &c. Luk.17.15 16,17. Psal.50.14 Col.3.17. A. A craning of those things at Gods hands which wee want, and a thanking him for those we haue.

Q. When doe men pray aright?

A. When they pray onely to God in the Name of Christ, asking things lawfull, to his glory, with faith, feeling and loue.

Q. What be the priuate meanes?

Gen.24.63 & 18.19. Dan.9.2, &c. Luk.21.34 Heb.10.24 Psal.119.9 A. Reading, and Prayer, alone, and with others, instructing our Families, thinking vpon good matters, admonishing and comforting one another, and watching ouer our owne wayes, according to the Word.

Q

A MORE BRIEFE SVMME: WHEREIN the former fortie Questions and Answers are brought *to fowre.*

Q. WHat is the summe of the first point?

A. That euery man by nature is a most vile and cursed creature, an enemy to God, a bondslaue to sin and Satan, and heire of eternall condemnation. Gen.6.5. Psal.51.45. Iohn 3.6. Rom.5.10 Ephes.2.1, 2,3.

Q. What is the summe of the second point?

A. That the onely meanes to free vs out of this miserable estate, and to make vs truly happy and holy, is Iesus Christ alone, and the same apprehended only by Faith. Acts 4.12. & 26.15,18 Heb.2.14, 15. Ioh.1.12.

Q. What is the summe of the third point?

A. That whosoeuer doth truly beleeue in Christ Iesus, is a new creature, daily dying to sinne, and rising againe to Righteousnesse and Holinesse. Rom.6.2. & 8.1,2, &c.& 7.4, 2,8,33,&c. 2.Cor.5.17 Col.3.1,2.

Q. What is the summe of the fourth point?

Pro.29.18. Amos 8. 11,12. Ro. 10.14. 15. Exod.20.8 & 31.13. A. That whosoeuer will continue a new creature, and increase in Grace, must conscionably vse both the publike and priuate meanes, which God hath appointed for that end.

A FORME OF EXAMining such as are to receiue the Lords Supper: diuided into two parts.

The first part.

Q. WHerefore do you desire to receiue the Lords Supper?

1. Cor.11. 24,25. Rom.4.11. A. Because it is the Ordinance of God, appointed by him to confirme my Faith.

Q. Doe you then finde weakenesse of faith in your selfe?

Mark 9.24 Luke 17.5. A. I doe indeede finde that my faith is feeble, and needeth strengthening.

Q. How perceiue you that?

Psal.116. 10. Ro.10.14. & 8.16. A. By my coldnesse in Prayer, of Loue, Zeale, Repentance, and good workes.

Q.

Q. What else?

A. By my feare of death, loue of the world, and such like. Luke 7 47 Phil. 1.23. 1. Ioh. 2.15

Q. These doe plainly argue a weakenesse of faith: but haue you faith at all, or no?

A. Yea: for I am truly perswaded of my owne saluation by Iesus Christ alone. 2. Cor. 5. 1 Phil. 3.20, 21. Gal. 2.20.

Q. What is the ground of your perswasion?

A. The ground of my perswasion is the free and gracious promise of God, reuealed in the Gospell. Ro. 10.17. Eph. 1.13.

Q. What is that promise?

A. That whosoeuer beleeueth in the onely begotten Sonne of God, shall not perish, but haue euerlasting life. Ioh. 3.16.

Q. Why doe you beleeue this promise?

A. Because God, who hath so freely made it, is both able and faithfull to performe it. 2. Cor. 1.8. Heb 11.19 Ioh. 10.29. 1. Cor. 1.9.

Q. God in his owne nature is Almightie, and most true: but what further assurance haue you hereof?

A. His Word is sufficient: yet tending Heb. 6.17.

dying my infirmitie, hee hath bound it with an Oath, and set to his Seale.

Q. How doth he set his Seale?

Rom.4.11 A. By the Ministerie of the Sacraments, which ỳ Apostle calleth Seales of the Righteousnesse of Faith.

Q. Why doth he call them so?

Gal.3.27. A. Because thereby God doth assure me (and euery faithfull Receiuer) that Christ is mine, with all his benefits.

Q. What be the benefits, which the faithfull receiue thereby?

Rom.8.29, 30. 1.Cor.3.30 A. They be six; Election, Redemption, Iustification, Sanctification, Adoption, and Intercession.

Q. What is Election?

Election. Ephes.1.4. A. Our being chosen of God the Father in Iesus Christ, to life euerlasting, before all Eternitie.

Q. What is Redemption?

Redemption Luk.7.47. Luk.1.74. Col.2.14. A. Our deliuerance from all our Enemies, Sinne, Death, and Hell.

Q. What is Iustification?

Iustificatiõ. Phil.3.9. 2.Cor.5.21 A. Christs making Sinners accepted, and perfectly righteous in Gods sight, by his owne Righteousnesse imputed and giuen vnto them.

Q. What is Sanctification?

A. Our

A. Our holinesse, begun in this life, and to be perfected in the life to come. *Sanctification.* Apoc.20.6

Q. What be the parts of Sanctification? Luk.1.75.

A. Two: whereof the first is, the Spirits killing of sinne in vs; and the other, his inabling of vs to walke in newnesse of life. *Mortification. Viuification.* Rom.6.11.

Q. What is Adoption?

A. It is the Fathers making Sinners, Sonnes and Heires of his Kingdome in Christ. *Adoption.* Iohn 1.12. Rom.8.17. Ephes.1.5. 1.Iohn 3.1

Q. What is Intercession?

A. The vertue and efficacie of Christs Death and Obedience, presenting himselfe to God for vs. *Intercession* Heb.2.87. & 4.14.

Q. Who doth the Apostle say, that Christ is made vnto vs, of God, Wisedome? *Wisedome.*

A. Because as his Righteousnesse, so his wisedome is imputed and giuen to vs that beleeue in him. Rom.5. 1.Cor.1. 30,31. 1.Cor.6.7

Q. Why doth he set Redemption in the last place?

A. Because wee are not fully freed from all miserie, till after death. Luk.21.28 Rom.8.23.

Q. And are you sure to be confirmed in all these, by the vse of this Sacrament?

A. Yea

Mat.28.20. A. Yea verily: for God will not
Acts 8.39. faile to bleſſe his owne Ordinance, to
Ro.10.13. euery one that vſeth it aright.

Q. Who are they?

Mat.5.23, 44.45. A. Onely ſuch as haue knowledge
Acts 8.37. of Religion, Faith in Chriſt, Repen-
Ro.14.23. tance for their ſins, with loue to God
and all men, euen their enemies.

Q. Haue you all theſe?

1.Cor.13.7. A. Yea, I thanke my God, in ſome
Heb.11.6. competent meaſure, though my wants
be many and great.

Another familiar forme.

Q. Let me heare the ſumme of your
Faith.

Faith, or ſumme of the Goſpell. A. I beleeue in God the Father, &c.

Q. How many things doth his an-
cient & Apoſtolike Beliefe teach you?

A. It teacheth me what to beleeue;
firſt, concerning God, and ſecondly,
concerning the Church of God.

Q. What beleeue you concerning
God?

Mat.28.19 A. That there is one God, and three
1.Ioh.5.7. Perſons: the Father, the Sonne, and
the Holy Ghoſt.

Q. What

Q. What beleeue you concerning the Father?

A. That hee made mee in the beginning in his owne Image, and will guide me for euer to his owne glory. Gen.1.26. Psal.73.24

Q. What else?

A. That hee hath chosen me before all beginnings, in Iesus Christ, to bee his Childe: and therefore I am bold to call him Father. Ephes.1.3.

Q. What beleeue you concerning Iesus Christ?

A. That hee is my gracious Lord: because by his death I am freed from death and sinne, and by his obedience I haue righteousnesse and life. Ioh.20.18. Rom.14.9. 1.Cor.6.20

Q. What else?

A. That he maketh most effectuall intercession for me in Heauen, whence he shall come in due time, to deliuer me from all miserie. Rom.8.34. Phil.3.20, 21. Heb.9.28.

Q. What beleeue you concerning the holy Ghost?

A. That hee being the power of God, ioyneth me to God, and maketh me (and all Gods Elect) partakers of the Mercie of the Father, and of the Merit of the Sonne. Ephes.2.8. 1.Cor.3.6. & 12.4. Luk.11.20 Mat.12.28 Ephes.2.18 1.Cor.2.12 Gal.5.5.

Q. What

1. Cor. 12.4 Gal. 5.22, 23.

Q. What else?

A. That it is he alone who worketh all spirituall Graces in mee, and that maketh all good meanes profitable vnto me.

Q. What beleeue you concerning the Church?

Gen. 43.26 Ro. 11.14.

A. That there is, and hath beene from the beginning a number, whom the Father hath chosen, and the Sonne redeemed, and whom the Holy Ghost doth sanctifie, and glorifie for euer.

Q. What else?

1. Ioh. 1.7. Acts 24.15 2. Cor. 5.1. Col. 3.4.

A. That I being one of the number, enioy the forgiuenesse of my sinnes in this life, and that in the end of the World my body shall rise, and be ioyned to my soule in eternall happinesse.

Law of God.

Q. Seeing the Rule of Loue is the Law of GOD, contained in the tenne Commandements, rehearse the words.

A. I am the Lord thy God, &c.

Q. What doe these ten Commandements teach vs in generall?

Deut. 6.5. Mat. 22.37 Mar. 12.30

A. To loue the Lord our God with all our hearts, and with all our soules, and with all our might, & our Neighbours as our selues.

Q. How

Q. How many of them concerne the worship and seruice of God?

A. The foure first: wherein I am charged to yeeld vnto God alone, the true and spirituall Worship, which he hath prescribed in his Word. Mat.4.10. Ioh.4.23.

Q. What be the chiefe branches of Gods true worship?

A. They are chiefely sixe: that is, Knowledge, Faith, Loue, Feare, Thankfulnesse, and Prayer.

Q. How must you loue God?

A. Vnfainedly with all my heart, soule, thought, and strength. Mat.22.30

Q. How may this loue appeare?

A. If I cleaue vnto him with my heart, worship him with my body, honour him with my tongue and life, and carefully keepe his Sabbaths. Deut.6.13 Ioshu.22.5. Esay 58.13 Acts 11.23 1.Cor.6.20.

Q. What is the summe of the other sixe Commandements?

A. That whatsoeuer I would that men should doe vnto me, euen so I doe vnto them, and that I loue my Neighbour as my selfe. Mat.7.12. Iames 2.8.

Q. How may this loue appeare?

A. If I reuerence and respect euery man according to his calling, peeres, Com.5.

gifts,

gifts, and coniunction with my selfe.

Q. How else?

Com.6,7, 8,9,10. A. If I doe tender his life, and euery thing that is deare vnto him: that I doe not willingly so much as let my thoughts wander to his hurt.

Q. Whence come the graces of Knowledge, Faith, Repentance, and Loue?

1. Iohn 1.7 Iam. 1.17. A. From God my heauenly Father, the constant Author and Fountaine of all good things.

Q. Doth he giue them to all men?

Verse 5,6. A. No: but to them that aske in Faith, he giueth liberally, and vpbraideth them not.

Q. Haue you any sound patterne of holy Prayer?

Gen 24. & & 32.9, &c A. There bee many in the Scriptures: but none comparable to the Lords Prayer, for a perfect patterne, and full direction to pray by.

Q. Rehearse it?

A. Our Father which art in Heauen, hallowed bee thy Name. Thy Kingdome come. Thy will be done in Earth, as it is in Heauen, &c.

Q. Need you vse no other forme but this?

A. Yes:

A. Yes: but I must haue an eye in this: and may fruitfully shut vp my particular prayers in this. Acts 4.24. Mat.6.9.

Q. Why so?

A. Because it containeth whatsoeuer concerneth the glory of God, good of his Church, comfort of my bodie, and saluation of my soule. Ioh.12.28. Ephe.6.18 1.Tim.4.4. Luk.18.13 & 23.42.

Q. Are the Creed and Commandements to be vsed as Prayers?

A. No: But in praying, we are to craue strength to beleeue that which is contained in the Creed: and to practise that which is contained in the Commandements. Luk. 17.5. Heb.13. 20,21.

ANOTHER FAMILIAR manner of instruction, the most plaine and easie of all the rest, which Parents and Masters may with great fruit *propound to their Families, especially before the Communion.*

Q. Rehearse the Commandements.

A. I Am the Lord thy God, which haue brought thee out of the land *Law shewing mans*

of

miserie, and the rule of his life.

of Egypt, out of the house of bondage.

1 Thou shalt haue none other gods but me.

2 Thou shalt not make to thy selfe any grauen image, nor the likenesse of any thing, that is in Heauen aboue, or in the Earth beneath, or in the Water vnder the earth: Thou shalt not bow downe to them, nor worship them: for I the Lord thy God am a iealous God, and visit the sinnes of the fathers vpon the children, vnto the third and fourth Generation of them that hate mee: and shew mercie vnto thousands in them that loue mee, and keepe my Commandements.

3 Thou shalt not take the name of the Lord thy God in vaine. For the Lord will not hold him guiltlesse, that taketh his Name in vaine.

4 Remember that thou keepe holy the Sabbath day. Six dayes shalt thou labour, and doe all that thou hast to doe: but the seuenth Day is the Sabbath of the Lord thy God: in it thou shalt doe no manner of worke, thou and thy sonne, and thy daughter, thy man-seruant and thy maid-seruant, thy cattell,

tell, & the stranger that is within thy gates. For in six daies the Lord made heauen and earth, the sea, and all that in them is, and rested the seuenth day: Wherfore the Lord blessed the seuenth day and hallowed it.

5 Honour thy father and thy mother: that thy daies may be long in the land, which the Lord thy God giueth thee.

6 Thou shalt doe no murther.

7 Thou shalt not cõmit adulterie.

8 Thou shalt not steale.

9 Thou shalt not beare false witnesse against thy neighbour.

10 Thou shalt not couet thy neighbours house, thou shalt not couet thy neighbours wife, nor his seruant, nor his maid, nor his ore, nor his asse, nor any thing that is his.

Q. Can you keepe all these Commandements?

A. No: I breake them daily, in thought, word, and deed. *Sinne.* Iames 3.2.

Q. How so?

A. Because the law of God is spirituall, and I am carnall, sold vnder sinne. Ro. 17.14.

Q. What do they deserue that keepe not the Law of God?

Deut.27. 26. Rom.6.23 A. The curse of God, with all the miseries of this life, and the punishment of hell fire euer after.

Q. By what meanes, or by whom may we hope to haue deliuerance from this Curse?

The remedy Acts 4.11. A. Only by Iesus Christ, the eternall Sonne of God.

Q. Shall all men haue deliuerance by him?

Gal.2.20. Acts 16.31 A. No: but only such as beleeue in him.

Q. What is it to beleeue in Christ?

Faith. A. To be truly perswaded in heart, that by him our sins are forgiuen, and we made the children of God.

Q. Rehearse the sum of your Beleefe.

Summe of Faith. A. I beleeue in God the Father almightie, &c.

Q. How doe men come by Faith?

Helpe. Gal.5.22. Rom.10. 17. A. By the working of the holy Ghost through the preaching of the Word.

Q. How are they confirmed and strengthned in Faith?

Acts 20.23 A. By the same Word, and also by the Sacraments.

Q. How

Q. How many Sacraments be there?

A. Two: Baptisme, and the Lords Supper. *Sacraments*

Q. What doth Baptisme teach and assure vs of?

A. That our sins are forgiuen, and washed away by the sufferings and bloudshed of Iesus Christ: euen as the body is washed and cleansed by water. 1. Pet. 3. 21. Act. 22. 16

Q. What doth the Lords Supper teach and assure vs of?

A. That by the same Iesus Christ, our soules are nourished to eternal life: euen as the bodie is fed by bread and wine, to a temporall life. Ioh. 6. 54.

Q. What meanes must we vse besides?

A. One speciall meanes that wee are daily to vse, is faithfull and heartie prayer to God, in the name of Iesus Christ. *Prayer.* 1. Thes. 5. 17.

Q. Rehearse the Prayer that Iesus Christ hath taught vs.

A. Our Father which art in heauen, &c.

Q. How many Petitions bee there in this Prayer?

A. Sixe: The three first whereof

concerne the glorie of God.

Q. What do the three last concerne?

A. The necessities of our owne soules and bodies.

Q. Why doe we pray first that God may be glorified?

A. To teach vs, that we are to preferre the glory of God, before our own good.

Iohn 12. 27, 28. Rom. 9. 3.

Certaine Rules for the direction of a Christian life.

Watchfulnesse. Pro. 4. 23. Mal. 2. 16. Luk. 12. 35 & 12. 34.

KEepe a most narrow watch ouer thine owne heart, words, and deedes continually, not giuing any libertie to wandring thoughts and lusts.

Redeeming the time. Eph. 5. 16. Col. 4. 5. 1. Cor. 7. 29

2 Be wise and carefull to redeeme the time, which hath beene wickedly, idly, or vnprofitably spent: bestowing no more time in worldly matters then must needs.

1. Per. 4. 23 Psal. 90. 12 *Lye downe and rise with God.* Psal. 3. 5. & 4. 8. & 37. 5 Prou 3. 6. 1. Cor. 10. 31.

3 At night lye downe in peace, hauing blessed God for his benefits, and reconciled thy selfe to him for the sinnes of the day past. In the morning let him haue the first place in thy heart, committing thy selfe and all thy waies to his gracious gouernment, and con-

secra-

secrating them wholly to his glorie.

Let Prayer got before all busines. Col.3 17. Gen.24.12 Neh 2.4.

4 Go to no place, frequent no company, vndertake no businesse, studie, or trauell whatsoeuer, without heartie prayer to God, in the name of Iesus Christ, for the obtaining of his holie Spirit and mercifull protection.

Let Prayer be ioyned with all blessings. 1.Tim.4. 4,5. Mat.14.19

5 In like manner forget not to performe this holy dutie, when thou receiuest any mercie from God; whether it bee food, apparell, recreation, or any other thing, tending to the health of thy body, or cõfort of thy soule; neither be so bold as to deale with any of the creatures of God, till thou hast prayed and praised the Creator thereof.

Let Prayer follow the fruition of all Gods benefits. Matth.26. 30.

6 As prayer must go before, and accompany all the blessings of God, so it must follow the fruition of them. And therefore, herein let euery Christian set before him the example of Christ and his Apostles, who after they had receiued their bodily and spirituall food, & enioyed the company one of another, gaue thankes to God the Father.

In Praying, vse the tongue and voyce.

7 And though prayer be a spirituall thing, and consists chiefly in the attention and earnestnes of the minde:

Psal. 16.9. & 30.12. & 3.4. yet for the better quickening of the heart and affections, let the tongue and voyce bee vsed as oft as conueniently thou maist, lest dulnesse and coldnesse creepe vpon thee.

Set aside some time for godly exercises. Gen. 24.63 Dan. 6.10. Acts 10.9.

8 If your calling and estate will possibly beare it, let some time of the day be set apart for priuate prayer, meditation, and reading of the Scripture, or some other choice booke, that may best further you in the knowledge and practice of true godlinesse.

Things to be thought vpon. Iere. 12.1, 2,3. Ps. 107.43. Abac. 1.3. Matth. 2. 31, &c.

9 Bend your minde to thinke often and earnestly vpon the workes of God; as his creating and gouerning the World, prospering or punishing the wicked, blessing or correcting his children in this life: with the eternall torment appointed for the one, and the vnspeakeable glorie laid vp for the other.

The worke of our Redemption, a speciall worke. 1. Cor. 2. 6,7,8,9. 1. Pet. 1.12 1. Ioh. 3.1. Psal. 85.10

10 But aboue all the workes of GOD, thinke vpon the glorious and gracious workes of thy Redemption by Iesus Christ: a mysterie that the holie Angels doe admire, and desire to pie into: herein behold the sweete harmonie and happie coniunction of the infi-

nite

nite mercie and iustice of God meeting together: and take comfort and delight herein, with thanksgiuing.

11 Marke the life and behauiour of the wicked, to auoide their steps; and of the godly, to prouoke thy selfe to a holie emulation of the like course: marke also their death with like diligence; and thinke seriously vpon thine owne death, how thou must shortly lye downe in the dust, and part with whatsoeuer delight thou doest here enioy; that this may breed in thee a contempt of the world, and a longing after the life to come.

The liues and deaths of others, but especially of thy selfe, must be thought vpon.
Heb. 12. 1, 2. Iob. 21. 23, 24, 25. & 17. 13, 14. Heb. 13. 14. 1. Thes. 5. 22, 23.

12 Obserue daily how sinne dwels and is weakened in thee: and be carefull to shunne one sinne, as well as another: and lose not thy first loue (as the most part do:) and delight in the Word and worship of God, and in the fellowship of his Saints: but mourne and striue against thy sinnes, renew thy couenant with God for that end.

Reuel. 2. 4. *Our Couenant made with God must be renewed.* Psal. 26. 8. & 16. 3. Neh. 9. 28. Ps. 119. 106.

13 When you be in company, haue a care to receiue and doe good, and not hurt, either by your speech or silence, countenance or example: and auoide,

In company beware of breaking the third and ninth Commandements.

Eph.4.29. & 5.4. Deut.28. 58.

as rockes, swearing, and back-biting, and the like common sinnes against the third and ninth Commandements. Let not God, or any word or worke of his bee mentioned but with feare; or any man named, but with loue and due regard of that royall law, *Whatsoeuer yee would, &c.*

Mat.7.12.

Mens walking in their particular callings, the touch-stone of Religion.

Titus 2.10 1.Pet.3.4. 1.Tim.2.10 Mat.23.25 26,27,28. Ierem.7.9, 10,11. Eph.5.22. & 6.5,6,7, 8,9.

14 Among all other things seeke to approue thy selfe to God, his children, and thine owne conscience, touching thy charge and behauiour in that particular place and calling wherein God hath set thee, and towards those persons with whom God hath ioyned thee: as, if thou be a seruant, in obeying thy Master, seruing him with feare, and singlenes of heart: if a Master, in guiding thy familie according to the word: if a husband, in louing thy wife without bitternes: if a wife, in reuerencing thy husband.

Take heed of performing holy duties for fashion sake.

Heb.3.12. 1.Tim.3.5. Heb.4.2.

15 Finally, because the corrupt nature of man is so prone to prophanenesse and hypocrisie, that when men are once come so farre as to vse the outward exercises of Religion, (without marking in what manner, with what

what feeling, fruite and profit to their soules they vse the same) they please themselues: take heed of this deceit of Satan, and keepe thy soule with all diligence, that these duties bee not made matters of course and custome, without care and conscience to grow better thereby.

Esay 1.11, 14. Mat. 15.8. Reu. 3.15.

THE FORMER RVLES expressed in meeter by a godly Minister.

A

ACquaint thy selfe, most narrowly
Thy minde and heart and life to watch:
Lest idle thoughts and noysome dreames
Doe wicked lusts and dealings hatch.

Prou. 4.23. Luke 21.34. Ios. 7.21. Gen. 39.7.

B

Be wise and carefull to redeeme
Thy precious time, to holy deeds:
Let not these earthly matters base
Consume more houres thē they must needs.

Ephes. 5.16. Psalm. 90.10 Matth. 6.33. Luke 10.41, 42.

C

Call to thy minde (when night is come)
Thy sinnes that day, to craue release:
Thinke on Gods fauours, him to praise,
That so thou maist lye downe in peace.

Psal. 55.17. Dan. 6.10. Psal. 6.6. & 4.8. Ruth 3.13.

D

Doth Morne approch and sleepe depart?
First lift thy minde to God on high:

Gen. 28.16. 17, 18, 19, 20.

Com-

Pſal.90.14. Commit thy ſelfe and wayes to him,
15,16,17.& And vow to ſerue him faithfully.
27.8.

E

Gen.24.12. Enter vpon no kind of worke,
& 32.32. But craue Gods Spirit thee to direct;
1.Sam.17 37 Goe to no place nor companie,
Neh.1.10. But pray, From ill, Lord, me protect.
& 2.4.

F

1.Tim.2.4. Forget not, when thou meanſt to vſe
1.Sam.9 9. Gods Creatures or his Mercies ſweet,
Mat.14.19. For ſoules delight, or bodies health,
Mark.6.31. To craue his leaue and bleſſing meet.

G

Deut.8.10. Giue vnto God due thankes and praiſe,
& 32.15. When comfortable vſe thou haſt
Pſal.68.19. Of any of his bleſſings good;
Mat.26.30. Or elſe he counts them ſpent in waſte.

H

Ioh.4.24. Hold this for ſure, that in true prayer
Exod.24.15. The hearts deſire is chiefeſt thing,
1.Sam.1.15. Yet voyce will helpe the ſame to warme,
Pſal.5.2,3. And baniſh dulneſſe and wandring.
& 16.9.&
30.12.

I

Pſ.119.164. (If poſſibly thou canſt it finde)
Gen.24.63. Set out ſome time of euery day
Pſal.55.17. To muſe, to pray, and reade good Bookes,
Dan.6.10. That grace and conſcience increaſe may.

K

Prou.16.4. Keepe heart and mind much bent to thinke,
Mat.10.29, How God hath made and ruleth all;
30. How here he deales with good and bad,
Iob.9.22. How differ in the end they ſhall.
Eccle.9.2.
Mat.25.33.

L

2.Theſ.1.6,7 Like beſt to ponder Chriſt his works,
Eſa.53.1,2, How he dide ſau'd from ſinne and ſhame;
3.4.&c.
Rom.5.7,8.

And

And made thee heire of Paradiſe:
Delight therein, and praiſe his Name.

M

Marke well the liues of good and bad:
Conſider eke the ends of both,
To moue thee for to imitate
The vertuous man, and ſinners lothe.

N

Nurture thy ſoule with thoughts of death,
That needs thou muſt from hence remoue,
(Leauing thy wealth and deareſt things)
To fixe thy minde on heauen aboue.

O

Obſerue how thy corruption dyes:
Let not thy deareſt ſinne deceiue thee:
Why ſhouldſt thou count that ſweet or good,
Which may of glory quite bereaue thee?

P

Practiſe Gods worſhip with delight:
Ioy in the godlies companie:
With God thy couenant oft renew:
Mourne for thy ſinne, and it defie.

Q

Quench not thine owne or others ſpirit,
By idle or vnſauoure ſpeech:
Let thy behauiour euery where,
All good, both ill, to others teach.

R

Rehearſe no Name, no Worke, nor Word
Of God, without high reuerence:
Speake of no man but louingly,
Although it be in thy defence.

S

Seeke to approue thy ſelfe to God,
Thy conſcience, and Gods children deare,

By

1. Cor. 2.9.
Gal. 5. 14.
Phil. 3. 8. &c.
Pſal. 37. 37. 38.
Mat. 25. 46.
Heb. 1. 7.
Luke 10. 22. 23.
Iam. 5. 10, 11
Pſ. 39. 4. 5. 6.
Heb. 9. 27.
Eccleſ. 2. 18. 19.
Luke 12. 20. 31. &c.
Gal. 6. 14. 5.
2 Cor. 4. 16.
Epheſ. 4. 22.
Iob 20. 12, 13

Mat. 5. 29, 30
Gen. 31. 14.
Mat. 16. 26.
Deut. 28. 47.
Pſal. 119. 63.
Pſal. 39. 1.
Zac. 12. 10.
1. Theſ. 5. 19.
Eph. 4. 29, 30.
Ezech. 13. 22.
Mat. 5. 16.
Tit. 2. 3.

Exod. 20. 7.
Deut. 28. 58.

Exod. 20. 16.
Pſal. 15. 3.

Act. 24. 16.
1. Theſ. 4. 14.

2 Thes. 3.6. Eccles. 5.22. 25. & 2.5.9. By dealing in thy calling, and
With such to whom thou art most neere.

T

Exod. 10.7. Ephes 6.12. Ier. 17.9. Rom. 3.15,16 Take heed, lest Satans craft (by meanes
Of natures bent t' hypocrisie
And to prophaneneſſe) make thee vſe
Religious duties formally.

V

Matth. 15.8. & 6.5,6. Acts 5.29. Matth. 19. 28,29. Vſe not the same for fashions sake,
Or for thy credit, but with care
Thy God to please, that in the end
Both soule and body well may fare. *W. L.*

MOst gracious God and louing Father, we humbly beseech thee to forgiue vs all our sinnes. Be present with vs & blesse vs, & all thy good creatures prouided for vs. Giue vs grace to receiue them thankfully as from thy hand, and to vse them soberly as in thy sight, to thy glory & our owne comfort, through Iesus Christ our Lord. Amen.

Blesse, good Lord, thy holy Church, our gracious King, his royall familie, and Realme, and send vs eternall life through Iesus Christ our Lord.

Another.

HEauenly Father, we humbly beseech thee to pardon al our sinnes, where-

whereby we haue made our ſelues vn-
worthy of the leaſt of thy mercies. Let
not thy good creatures prouided for vs,
be an occaſion of diſhonoring thee, diſ-
ordering our ſelues, or offending our
brethren: but ſo ſanctifie them to vs,
and vs to a wiſe and ſober vſe of them,
that wee may thereby be made more fit
to do thee ſeruice, procure ỹ good of our
brethren, & follow the duties of our cal-
lings, to thy glory & our own ſaluation,
through Ieſus Chriſt our Lord. Amen.

Bleſſe good Lord, &c.

Another.

MErcifull Father, we humbly be-
ſeech thee to forgiue vs our ſins.
Vouchſafe, good Lord, ſo to bleſſe our
meeting, meats and drinkes, that there-
by our health may bee continued, bro-
therly loue increaſed, and wee made e-
uery way more able & willing to walk
before thee in duties of Chriſtianitie
and our callings, to thy glory, our own
ſaluation, & the good of others, through
Ieſus Chriſt our Lord. Amen.

Another.

LOrd, we beſeech thée to pardon our
ſinnes, and ſanctifie the food which
thou

thou hast prouided for vs. Grant that hauing so many pledges of thy loue, wee may bleſſe thee in our hearts, and in all our behauiour, to thy glorie, and our owne ſaluation, through Ieſus Chriſt our only Mediator & Aduocate.

Graces after meate.

WE humbly thanke thee, O Lord heauenly Father, for refreſhing our fraile bodies with thy good creatures, beſeeching thee likewiſe to feed our ſoules with thy liuely Word, that wee may glorifie thee, both with our ſoules, and with our bodies, through Ieſus Chriſt our Lord.

Lord, bleſſe thy Church, &c.

Another.

HOnour and praiſe be vnto thee, O Lord heauenly Father, for all thy mercies beſtowed vpon vs, and for the foode wee haue now receiued of thy bountifull hand. Make vs thankfull for it, and giue a bleſſing to it: that thereby our health and ſtrength may be continued for the better performing all holy duties of Chriſtianitie, and our ſeuerall callings, to thy glory, and our comfort, through Ieſus Chriſt our Lord.

Another.

Another.

BLessed be thy name, most gracious God, and louing Father, for feeding vs now and at all times. We beseech thee to pardon and passe by al our sinnes, and infirmities, whereby heretofore or at this time we haue offended thy Maiestie: and grant that wee may hereafter keepe, and more carefully watch ouer our hearts and wayes, to thy glorie, and our comfort, through Iesus Christ our Lord.

Another.

BLessed Lord, wee beseech thee to make vs truly thankfull to thy Maiestie for all good things, and for thy loue, the fountaine thereof, and for Iesus Christ, the foundation of thy loue, and for all other fruits and tokens of thy fauour, and for the food we haue now receiued: which wee pray thee so to bleſſe vnto vs, that wee may bee the fitter to doe thee seruice, through Iesus Christ our Lord.

Amen.

FINIS.